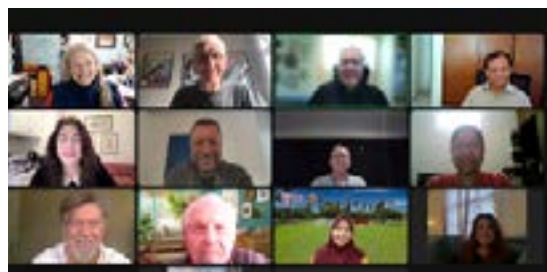




News from the WCCBT Board

It is just over 3 years since the World Confederation was inaugurated in January 2019. These three years have been a testing time for everyone in the world. Within a few months of the WCCBT inaugural General Meeting at the 9th World Congress of Behavioural and Cognitive Therapies in Berlin we were plunged into a global pandemic. The world was unprepared for such an event and the psychological impact that this would bring but CBT associations and therapists around the world have played their part as front line health care workers supporting people affected by the pandemic. The WCCBT has played a role in communicating good practice that member associations have contributed through the website and the eNews.



Despite the impact of Covid 19 the WCCBT Board and Executive Committee has continued to meet online and take forward the objectives of the Confederation. We have been unable to hold our annual face-to-face meeting for three years but **our achievements and plans for the future are reported in this edition of the eNews** together with the annual report from Keith Dobson, President of the WCCBT.

In the last few months we have also witnessed the psychological impact that the unwarranted attack on the Ukraine continues to have on the people who have remained in their country and the millions of people who are now refugees. This eNews has information on the **Ukrainian CBT association and the work that is taking place to provide psychological support**

In this edition of eNews you will also find information on the programme of events that the WCCBT and its member associations are planning in celebration of the **first World CBT Day** which will become an annual celebration to take place on the 7th April each year to coincide with the WHO World Health Day.

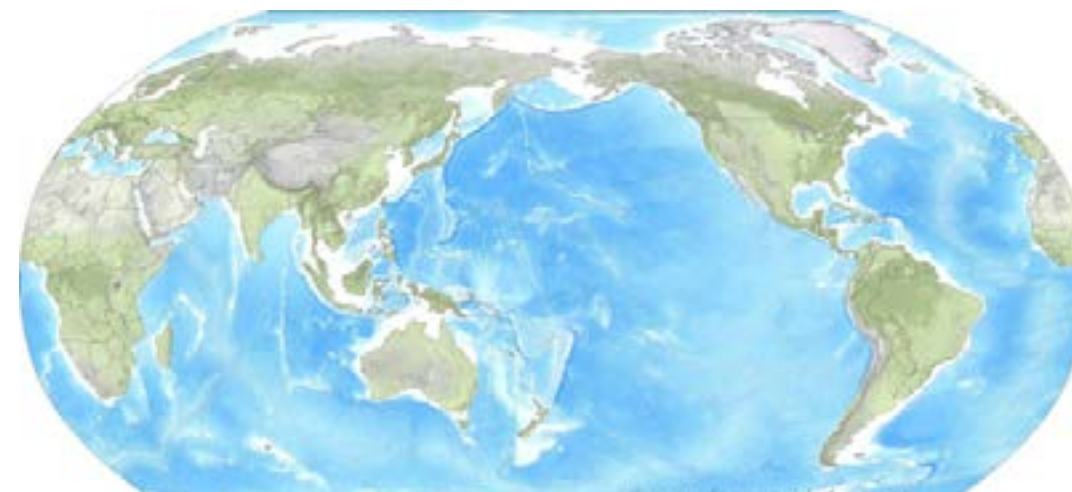
To update you on the work of CBT associations around the world we have special section on **CBT in Latin America** with contribution from both ALAMOC and ALAPCCO. You will also find announcements about future congresses and activities from other associations around the world as we get back to meeting again in person. We had to postpone the World Congress originally scheduled for this year 2022 but this will now take place in Seoul, South Korea in June 2023 and we look forward to seeing you there



Save the date and get ready to submit your research

Information will be available on wccbt2023

Rod Holland eNews editor



The World Confederation of Cognitive and Behavioural Therapies

The WCCBT is a world organisation representing CBT and board members consist of representatives from:

Asian Cognitive and Behaviour Therapy Association (ACBTA): acbta.org

Association for Behavioral and Cognitive Therapies (ABCT): abct.org

including the The Canadian Association of Cognitive and Behavioural Therapies: cacbt.ca

Australian Association for Cognitive and Behaviour Therapy (AACBT): aacbt.org

including the Aotearoa New Zealand Association for Cognitive and Behavioural Therapies cbt.org.nz

European Association for Behavioural and Cognitive Therapies (EABCT): eabct.eu

International Association for Cognitive Behaviour Therapy (IACP): iacp.com

Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua (ALAMOC): alamoc-web.org

PRESIDENT'S REPORT 2021

Another year has come and gone, and the threat of COVID-10 and its new variants continue to occupy so much of our time and attention. I have been greatly impressed by the increased media attention to mental health issues during the pandemic, and what I hope will be continued focus on this domain even as the pandemic devolves into more local epidemics and then either dissipates or is managed by vaccines.

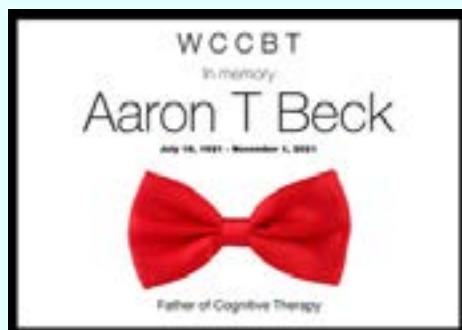


Keith Dobson

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Aaron T. Beck 1921 - 2021



The world has lost a major figure, with the passing off Dr. Aaron T. Beck on November 1st, 2021. From his earlier training in psychoanalysis, to his challenging of orthodoxy in that approach, and his earliest investigations of cognition in psychotherapy, he innovated and pushed the field in novel directions. As early as 1970 he published "Cognitive therapy: Nature and relation to behavior therapy" in the inaugural volume of Behavior Therapy, in which he introduced some of the themes he would go on to develop through his remarkable career at the University of Pennsylvania and later at the Beck Institute which he co-founded. He was a pioneer in psychotherapy, a creative genius, and friend and mentor to many of us in the field, and a consistent voice that supported the development of evidence-based assessment and clinical practice. I remember the generosity he showed me when I first met him in 1978 and the time he spent with myself and my partner, Debbie, when we visited his center, even unknown as we were at the time.

Aaron Beck has been cited as one of the 25 most influential physicians of the past century and his legacy will no doubt last well into the current century. He has shaped the ways in which many of us think about psychopathology, and certainly the ways in which we conceptualize the practice of psychotherapy. Our debt to him cannot be truly measured.

Keith Dobson, Ph.D.

Professor, University of Calgary
President, World Confederation of Cognitive and Behavioral Therapies

CBT therapists have contributed greatly to the discussions about COVID-19, the resistance to vaccines, the particular mental health implications for youth and vulnerable adults, and the optimal ways to provide care even while maintaining physical distance from clients. Sarah Egan from Perth, Australia has several times updated the web-based resource on the WCCBT web site, and certainly has earned our recognition as an organization. Rod Holland has been a master in our Communications portfolio; our web presence is strong, although not yet well known in the world.

I am pleased that year saw the formal incorporation of the WCCBT, headquartered in New York City, which of course is also home to the United Nations. The ABCT has helped out a lot to facilitate this work, and the confederation owes a lot to ABCT for supporting the incorporation work and our meetings. The Board approved the criteria and procedures for affiliate members of the WCCBT and these are being slowly distributed to organizations that may be interested. We are now beginning to gather some revenues, and will be in the position shortly to deliver the first formal budget for the Board to review and approve.

In addition to the above foundational work, and notwithstanding the challenges of distance meetings, the WCCBT has continued to advocate where it can. We nominated a colleague to a World Health Organization working group on dementia and Alzheimer's disease. We have been invited to another working group of the WHO on mental health and addictions. We have provided materials to the South African Association of CBT to help them with their launch. We have a working group that is examining possible guidelines for training in CBT, which if approved by the board can serve as a template for training.

The next World Congress of CBT was originally intended to take place in June of 2022 on Jeju island, South Korea. As members of the Board will recall, we were formally asked and approved a deferral of the World Congress to June of 2023 in Seoul, South Korea. The planning committee for the congress continues to meet, and to discuss the optimal format (live, virtual, hybrid) for this congress, given the ongoing pandemic. We can expect decisions early in 2022 so that the call for submissions can begin. As Board members know, the term of our Executive Committee is tied to the congress in our bylaws, and so the Board extended these terms until 2023, at which time the Board will meet and appoint a new Executive Committee.

One of the exciting initiatives taken by the Board this year was the approval of World CBT Day, which shall be April 7 annually, the same day at the WHO World Health Day. We will feature a small number of Global Leaders in 2022 who will provide lectures or workshops on this day, both as a signal of the enormous value of CBT to the health of the world, but also a service to the enormous numbers of CBT theorists and practitioners globally. It is hoped that the work begun in 2022 may serve as model to build upon for succeeding annual events.

I would be derelict in this report not to mention that the world of CBT stopped in recent weeks, to recognize the passing of Dr. Aaron Beck. Dr. Beck was a giant in our field, and his impact has been felt by literally millions of people globally. There were several events held which paid homage to him, and there are several journals that are planning special issues to commemorate his legacy. There are few people whose work has such import. In one memorial event I attended Dr. Martin Seligman said that the two most important psychiatrists of the last century were Sigmund Freud and Aaron Beck, and I would concur.

My own hope is that in the coming year we can continue to reach out to and support the nascent national organizations where CBT is not yet formalized, particularly in some of the countries of Asia and Africa. We need to finalize our training guidelines, and to begin to promote this critical work. We need to find more and stable ways to connect with organizations such as the WHO and the UN, so that we have a seat at the table when physical and mental health is discussed. We need to improve our fiscal situation, so that more advocacy can be planned and undertaken.

There is much yet to do.

Keith Dobson

President, WCCBT
Calgary, Canada
December 13, 2021



Time for a review

The WCCBT is now in its 3rd year since it was inaugurated in January 2019 and the Board has decided to look at what it has achieved so far and what it still needs to do. The Board will also re look at the By-laws and see if these need any revisions to help take forward it's plans in 2022/3 and beyond

The Strategic Plan for the WCCBT



The WCCBT was able to start its journey with a **business and activity plan** that was collaboratively developed by all 6 founding regional member associations and published in January 2019 as the **Strategic Plan 2019 - 2024**

Like all organisation working during the pandemic it has been a challenging time but the WCCBT Board and Executive Group have been able to make progress in developing the Confederation .

The Purpose of the WCCBT

The aim of the WCCBT is to foster the promotion of health and well-being through the scientific development and implementation of evidence-based cognitive behavioural strategies designed to evaluate, prevent and treat mental conditions and illness and dissemination of CBT worldwide

The Goals of the WCCBT

- 1 **To support the development of CBT worldwide**
 - Promote worldwide initiatives and innovation in CBT
 - Work to overcome regional barriers in dissemination
 - Foster effective working alliances among countries
 - Disseminate information on mental health and CBT
- 2 **Develop a worldwide network to share news, information, and issues in CBT**
 - Link knowledge and resources worldwide
 - Develop a network to share news in emerging areas
- 3 **Promote and advocate for CBT, mental health**
 - Build collaborations with the WHO, UN and UNESCO
 - Advocate and disseminate CBT worldwide
- 4 **Develop and Support CBT through training**
 - Foster the dissemination of training in CBT worldwide
- 5 **Facilitate and Support Research in CBT**
 - Facilitate research in CBT across the globe

Activity Plan for 2022/3

The WCCBT will continue to work on the activities that it has already initiated within its 5 year strategic plan and build on the achievements reported. In addition particular attention will be given to:

Links with the WHO, UN and other NGOs across a range of health and social care initiatives will be developed now we are a legally recognised organisation

There will be a focus on two of the priority areas identified in the WHO Comprehensive Mental Health Action Plan which are youth mental health and suicide prevention.

In 2022/3, we will be offering evidence-based training in the identification and management of mental health problems in youth and suicide prevention and the assessment and treatment of suicidality. The emphasis will be on providing free training to mental health staff and health workers from low and middle-income countries

We will be launching the World CBT Day on the 7th April and planning to expand this to involve all the regional associations in 2023

A number of the member associations will also be initiating a Global Leaders Program which aims to support the development and profile of CBT worldwide, promote and advocate for mental health, CBT, and evidence-based treatments and to improve wellbeing and develop and support effective implementation of CBT through training

In addition we will initiate another program that recognises the contribution that less well know CBT therapists and organisations are making in the development of CBT particular in disadvantaged and under represented areas

The 10th WCCBT World Congress will be taking place in July 2023

We will continue to explore possibilities for the development of an African umbrella organisation to represent the dissemination, training, research and practice in cognitive and behavioural procedures.

We work with member organisations to development a budget that will provide a revenue stream to enable the WCCBT to achieve its activity plan

Achievements in the first 3 years

- 1 **Supporting the development of CBT worldwide**
 - The WCCBT is now a **legally recognised organisation** incorporated in New York State enabling it to be formally interact with global organizations
 - There are now stronger **working partnerships** between CBT organizations within regions including the USA and Canada, and Australia and NZ
 - A map of **CBT associations** in the world has been produced
- 2 **Develop a worldwide network to share news and information**
 - The **Triennial World Congress** was a success in Berlin 2019 and the 10th WCCBT Congress is well underway in its planning in Seoul 2023
 - We have a **website (WCCBT.org)** and a **social media presence** on twitter, Facebook and LinkedIn
 - We are sharing of **worldwide news and resources** on CBT via the website and eNews
- 3 **Promote and advocate for CBT,**
 - We produced information on "Cognitive Behaviour Therapy (CBT) Strategies to Improve Mental Health during the COVID-19 Pandemic"
 - A link has been established with the WHO mental health and addictions section and Helping Adolescents Thrive initiative"
 - Information on CBT as part of the WHO consultation on epilepsy was submitted.
- 4 **Develop and Support CBT through training**
 - Good **practice guidelines** regarding training and accreditation are being collated
 - **CBT conferences** worldwide are listed on the website and invitations have been extended to participate across regions
- 5 **Facilitate and Support Research in CBT**
 - The website had been used to bring attention to research initiatives

Ukrainian Association of Cognitive and Behavioral Therapy Українська асоціація когнітивно-поведінкової терапії



The World Confederation of Cognitive and Behaviour Therapies remains deeply concerned by the unwarranted attack and aggression on the Ukraine and the psychological impact that this is having on all the people who are being affected. The Ukrainian Association of Cognitive and Behavioral Therapy (UACBT) is a member of the EABCT and therefore the WCCBT. We stand with all the members of UACBT and the people of the Ukraine to support them through this increasingly difficult and stressful time.

The President of UACBT, Valentyna Parobiy, has recorded a [Utube message](#) which is made available to eNews readers to listen to and to offer their support. We encourage you to listen to this message and consider your response to those directly affected in the Ukraine and in the countries supporting the refugees. It is our wish for the invasion and conflict to end as soon as possible and for Ukraine to be made safe again.

The European Society for Traumatic Stress Studies (ESTSS) has provided [recommendations](#) about what mental health professionals can do to act against war in Ukraine.

Since the beginning of the Russian war in Ukraine the [AMIE](#) school of CBT accredited by the **Polish CBT Association** has been organising training sessions for professionals working with the refugees. Iga Jaraczewska, head of the school, in association with **Prof. Robert Leahy** has set up a series of talks with the aim of strengthening the clinical skills of those trying to help refugees who are in great need. Thanks go to Bob and Iga for the wonderful cooperation and enormous work that he has contributed and has resulted in a valuable programme of talks. The schedule of the programme which began in March and will continue over the next few months is available at <https://amie.pl/strefa-profesjonalistow/program-amie-w-obliczu-wojny-w-ukrainie/>

The guest speakers include Karolina Staniaszek (Poland), Joe Ruzek (USA), Lata McGinn (USA), Babak Najand (Iran), Paul Gilbert (UK), Ryan Kennedy (USA), Michael Duffy (Northern Ireland), Robert Leahy (USA), William Miller (USA), John Markowitz (USA), Windy Dryden (UK), Alistair Black (Northern Ireland), Alexandra Markert (Germany), Candice Monson (Canada), Emily Holmes (Sweden), Frank Dattilio (USA), David A Clark (Canada), Patricia Resick (USA), Cory Newman (USA), Richard Vandiver (USA), Denise Walker (USA), Ricardo Munoz (USA), Evelyn Sandeen (USA), Sonja Broening (Germany) and Jill Rathus (USA). All the speakers have offered their expertise, know how and reputation for free. AMIE is offering all the administrative work and (in order to make it available to our Ukrainian colleagues) the simultaneous translation (from English to Polish and Ukrainian) for free as our joint input.

AIME do ask, however, for a contribution from our participants to a Polish NGO KIK that is working on the evacuation of refugees directly from the Ukraine (e.g.. they have already organised evacuations of a few hundred of children with severe physical and intellectual disabilities to Poland from their orphanages homes in East Ukraine), locating them in Poland or abroad, organising support services such as kindergartens, and providing aid to people in Ukraine itself. Please support any other charity or the Polish [NGO – KIK](#): All the money will be sent to support several centres for Ukrainian children with severe physical and intellectual disabilities that have already been and will be evacuated to Poland from their orphanages homes in East Ukraine.

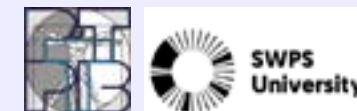
CBT THERAPISTS FOR UKRAINE

War in Ukraine has created an enormous needs for support, diagnosis and further therapy that will need to be supported in the long term. The number of Ukrainian people who have come to Poland is over 2 million. The Polish CBT Association is working with the SWPS University postgraduate School of CBT. to deliver online treatments to help Ukrainian refugees and anyone in need as a result of the war across borders. However, the number of CBT therapists providing evidence-based treatments for posttraumatic and adjustment anxiety and mood disorders in Ukrainian and English is limited so they need additional help and are asking CBT Therapists to consider “joining forces”

If you are able to join them - please leave your data in the form in the link

[CBT THERAPISTS FOR UKRAINE](#)

prof. Agnieszka Popiel MD, Ph.D and dr. Ewa Pragłowska Ph.D - clinical directors
Dominika Kacperek - managing director of the SWPS University Clinic of Cognitive-Behavioural Therapy, Warsaw. Poland



Ukrainian Association of Cognitive and Behavioral Therapy
Українська асоціація когнітивно-поведінкової терапії
Founded 16th May 2011 | Joined EABCT in 2012

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Lviv, Ukraine 79011
uacbt.org.ua@gmail.com
<http://uacbt.org.ua/>

230 Members

EABCT Representative and President UACBT
Valentyna Parobiy
vparobiy@gmail.com

Past Representatives
Oleh Romanchuk
Andrii Karachevskii

Founding President
Andrii Karachevskii

Director of UICBT
Oleh Romanchuk



Information on UACBT recently included in the [EABCT 50th Anniversary History Book](#)





Ricardo F. Muñoz

World CBT Day

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global organization, which brings together regional associations of CBT from around the world. The **World CBT Day** has been established as an annual event to be organised by the WCCBT member associations. The first World CBT Day will take place on **7 April 2022** to coincide with the [WHO World Health Day](#) which marks the anniversary of the founding of the World Health Organisation (WHO) in 1948

Programme



Workshop

Dr. Mark Dadds- Professor of Psychology, University of Sydney, Principal Research Fellow of the NHMRC, Director of Growing Minds Australia, and Co-Director of the Child Behaviour Research Clinic.

Beyond the manual: How behavioural family interventions work in the real world

This workshop is being coordinated by the Australian Association for Cognitive and Behaviour Therapy (AACBT). The presentation will take place beginning at 09:00 in Melbourne (UTC +10 hours). For further information go to [World CBT Day - Dadds: Beyond the Manual](#)



Workshop

Dr. Freedom Leung- Professor and Head, Shaw College, Chinese University of Hong Kong, past president of the Hong Kong Psychological Society, senior consulting clinical psychologist for the Office of Student Affairs and the Human Resources Office of CUHK, Hong Kong.

Doing CBTs with the Help of Neuroscience

This workshop is being coordinated by the Association for Behavioral and Cognitive Therapies (U.S.A.). For further information and to register go to [World CBT Day: Presentations](#).



Dr Mehmet Sungur, Past President of the International Association of Cognitive Behavioral Therapy will be running an instagram and youtube programme with Ceyda Duvenci who is a very well known and highly respected actor, writer and influencer with 3 million followers on 7th April at 20.00 Turkish time to increase public awareness about CBT day. The topic of their discussion will be “ **The impact and significance of CBT in understanding and reducing human suffering and improving quality of life**”. Public awareness about evidence based psychological interventions will facilitate the promotion of good and ethical practice



Lecture

Dr. David Barlow- Professor of Psychology and Psychiatry Emeritus, Founder of the Center for Anxiety and Related Disorders at Boston University, USA.

Neuroticism & Disorders of Emotion: A New Synthesis & Approach to Treatment

This lecture is being coordinated by the Association for Behavioral and Cognitive Therapies (U.S.A.)

For further information and to register go to [World CBT Day: Presentations](#).



Katy Grazebrook, the President of EABCT, introduces **Inspiring women in CBT**: a series of interviews highlighting and celebrating the contribution of influential women in the development, training and dissemination of Cognitive Behaviour Therapy: **Anne-Marie Albano** (USA), **Judith Beck** (USA), **Susan Bögels** (the Netherlands), **Diane Chambless** (USA), **Kristene Doyle** (USA), **Anke Ehlers** (Germany/UK), **Melanie Fennell** (UK), **Isabel Fernandez** (USA), **Edna Foa** (Israel/USA), **Iris Fodor** (USA), **Elena Heinz** (Greece), **Irina Lazarova** (Bulgaria), **Rosemary Nelson-Gray** (USA), **Irene Oestrich** (Denmark), **Christine Padesky** (USA), **Monnica Williams** (Canada) and **Janet Wolfe** (USA).

For the **Inspiring women in CBT** there is no need to register just link onto the website at [EABCT.eu](#) to see the interviews on 7th April

Latin-American Association of Analysis, Behavioural Modification and Cognitive and Behavioural Therapies (ALAMOC) will be running a Panel discussion on 3rd April in Spanish in support of the World CBT Day. The panel will include Keith Dobson, Héctor Fernandez Alvarez, Luis Perez Flores, Wilson Vieira Melo, Maria Esther Lagos, Julio Obst Camerini, José Britos Rivas, Juan José Moles Alvarez, Sergio Paz Wactson, Roberto Mainieri, Wilber Castellon and Martín Gomar. Information on this event can be seen on page 8 and is available on the ALAMOC website [www.alamoc-web.org](#)



The Latin American Association of Analysis, Behavior Modification and Cognitive Behavioral Therapy (ALAMOC) was founded on February 19, 1975 in Bogota, Colombia, and was recently re-registered in Lima with the number 14887114 at the Registry of Legal Entities of Peru.

From its beginnings ALAMOC has followed the single epistemic, theoretical and scientific line of Cognitive Behavioral Therapy in the first, second and third generation therapies.

Currently ALAMOC represents and brings together cognitive behavioral therapists in 18 Latin American countries: Argentina, Bolivia, Brazil, Colombia, Costa Rica, Chile, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Uruguay and Venezuela. ALAMOC is open to all Latin American countries where there are professionals interested in participating in its activities. Additionally, ALAMOC is one of the 6 founding members of the World Confederation of Cognitive and Behavioral Therapies (WCCBT), representing all Latin American countries.

ALAMOC has become to be a strong and influential association aimed to the development of CBT in Latin America, with the participation of its members in governmental and university positions, while teaching and training future therapists in Universities or in private Institutions.



ALAMOC is organizing events, courses and multiple National Congresses, and already organized 18 Latin American Congresses. In July 2013 ALAMOC organized the 7th World Congress of CBT, in which were 3750 attendees from 56 countries and a significant number of world leaders of CBT.

It is worth mentioning that this World Congress has served not only to update Latin American therapists, but also contributed to the development of Cognitive Behavioral Therapy in Latin America.

Currently, as one of the consequences of the work developed by ALAMOC, we can see that CBT has become the therapy most used by mental health professionals in most countries of Latin America. Governments, through their Ministries of Health, are incorporating this type of therapy in their Mental Health plans and are looking for more professionals trained in CBT. Every year we can see a larger number of Schools, Psychology Faculties, Postgraduate Programs and specialization plans including CBT in their teaching curricula in Latin America.

Actually, ALAMOC is very active in several ways: Publishing the Journal "Cognition and Behavior", endorsing the publication of reference books by its members and maintaining constant coordination with associations and countries.

Recent years, ALAMOC has become a governing association, qualifying, affiliating and giving accreditation not only to professionals, but also to national associations and private institutions of high academic level. This allows ALAMOC to sign performance agreements with Universities and high level Training Centers.

In order to improve these tasks, the Latin American Training and Accreditation Committee (CLEA) was created in 2020. Its main task is to promote and supervise the training and accreditation programs developed by affiliated professionals and institutions.

Additionally, the CLEA identified the need to develop a unified Training and Accreditation Program to train qualified professionals in CBT, and this task is currently going on.

On this path, cooperation agreements with Universities, Professional Psychology Colleges and National Associations in CBT stand out. e.g. (a) The Private University of Santa Cruz (Bolivia) with who we have already developed a first training program with 95 attending psychotherapists. (b) The training and accreditation agreement with the Dominican Association of Cognitive Behavioral Therapy and the Dominican College of Psychologists starting with 112 psychologists.



President:
Julio Obst Camerini
(Argentina)

1st Vice President:
Luis Pérez Floresi
(Peru)

Past President
Edgard Pacheco Luza
(Peru)

At the same time that are being done in several countries the accreditations and certifications of CBT programs, more training programs are about to begin in year 2022, in Argentina, Chile, Paraguay, Mexico and more countries.

In recent years the increase of new members has been more noticeable, having added 416 new members in 2020/2021, totaling nearly 1000 members last year. In the present year, ALAMOC plans to continue its integration policy initiated in 2011, with the organization of the 7th World Congress in CBT, having invited and incorporated in last year outstanding leaders of other CBT organizations, mainly from Brazil and Argentina.

Finally, today we are proud to announce that the 19th ALAMOC Congress will be held virtually from September 30 to October 2, 2022. It is organized by the Panamanian Institute of Cognitive Behavioral Therapy, and already we can announce important guests confirmed, like Dr. Judith Beck and the current President of the World Confederation, Dr Keith Dobson.





WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES



On the 4 November last year ALAPCCO (the Latinamerican Federation of Cognitive and Behavioral Psychotherapies) celebrated their 25th Anniversary with an online event that attracted more than 10,000 delegates. This was an historic milestone for ALAPCCO that for the last 25 years has been disseminating, training and supporting research in CBT across Latin America.

ALAPCCO is an " Association of CBT Associations" and with its membership is open to all National non profit CBT associations in Latin America. This means it is similar to EABCT in Europe and ACBTA in Asia who are also associations of associations. Countries without a National Association in Latin America can also apply as long as they agree to set up a working group that will establish a National Association in the future.

The wish to create such an umbrella organisation began at the 1995 World Congress in Copenhagen and was the brain child of Héctor Fernández-Álvarez who was a member of Asociación Argentina de Terapia Cognitiva. A number of cognitive and behavioural associations had developed in Latin America over the previous years and having a regional association of associations that would transcend national borders and bring them together for a common goal was a welcome proposal.

One year later the First Latin American Conference of Cognitive Therapies took place in Buenos Aires, Argentina in November 1996. To take the idea forward a task force was formed with representatives from associations in Argentina, Brazil, Chile and Uruguay. Over the next few years the bylaws of the Asociación Latinoamericana de Psicoterapias Cognitivas were developed. These were agreed in 1999 and the first Board of Directors was created.

The Copenhagen Congress also brought together both cognitive and behavioural approaches for the first time and this was another aim of the new association. Although initially the new association just referred to a Federation of Cognitive Psychotherapies (ALAPCO) it was always the intention to develop a close collaboration between cognitive and behavioural approaches and in 2015 the name was changed to Federación Latinoamericana de Psicoterapias Cognitivas y Conductuales – ALAPCCO

The federation has a General Assembly which usually meet at the Latin American Congress. This assembly elects the executive board

which serves for a period of three years and includes the president, vice president, past president, first secretary, second secretary, treasurer and two alternates. The executive board meets whenever necessary either in person or via video conference. There is also an advisory and fiscal council which is composed of all past presidents and founding members and provides continuity for the executive board and the General Assembly.

Members pay an annual fee for the maintenance of the federation. The main activities of ALAPCCO are to hold a Congress at least every three years in different countries in Latin America. The Congress brings together mental health professionals and students and aims to provide information on research, education, prevention and interventions in CBT. The association also provides support to

events and courses run by member associations and all members benefit from a discount

ALAPCCO member associations are from:

- Argentina
- Bolivia
- Brazil
- Chile
- Colombia
- Costa Rica
- El Salvador
- Ecuador
- Guatemala
- Honduras
- Nicaragua
- Mexico
- Panama
- Paraguay
- Peru
- Puerto Rico
- Uruguay
- Venezuela

ALAPCCO Congresses

- 1996 Buenos Aires, Argentina
- 1998 Gramado/Brazil
- 2000 Montevideo, Uruguay
- 2002 Santiago/Chile
- 2004 Porto Alegre/Brazil
- 2006 Buenos Aires/Argentina
- 2008 Montevideo/Uruguay
- 2010 Bogota, Colombia
- 2012 Rio de Janeiro/Brazil
- 2015 Santiago/Chile
- 2019, Fortaleza/Brazil

Since the pandemic ALAPCCO has held an annual online and free event SIALAPCCO (International Symposium of ALAPCCO) that has attracted 17,000 attendees

ALAPCCO has a profile on Instagram and recently started "Alapcco Lives" which gathers together followers from all over Latin America. Their live broadcasts aim to bring together professionals from different ALAPCCO member countries and provide good quality knowledge to all. Another successful initiative on Instagram is ALAPCCO's "PsicoTips project" which has developed short videos, with brief information on CBT Therapy and related topics. These videos cover diverse themes and have been well received among Instagram followers.

ALAPCCO is not currently a full member association of the WCCBT but has supported the concept of a World Confederation since it was initiated. It has been an active contributor to the World Congresses and other International meetings and looks forward to the day when together with ALAMOC the other Latin American association it can make a full contribution and assist in the representation of CBT in Latin America



President:
Carmem Beatriz Neufeld
(Brasil)



Vice President:
Maria Celeste Airal
(Paraguay)



Board member:
Eduardo Keegan
(Argentina)



Left to the right - Héctor Fernández-Álvarez (Argentina), Eduardo Keegan (Argentina), Ileana Caputto (Uruguay), Augusto Zagmutt (Chile), Claudia Bregman (Argentina), Carmem Beatriz Neufeld (Brazil), Maria Esther Lagos (Uruguay), Bernard Rangé (Brazil), Andrés Sanchez (Argentina).



Paulo Knapp

It is with great sadness that we announce the passing of Dr. Paulo Knapp. Brazilian psychiatrist, founding member and first president of the Brazilian Federation of Cognitive Therapy (FBTC); and was part of the first ALAPCCO Work and Birth Group.

He was a powerful figure in Brazil who was responsible for numerous reforms in his area. Paulo was always a pleasant and gregarious individual who could charm everyone with his sense of humour. His contagious enthusiasm, detached demeanour, and powerful presence will be sorely missed.



WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES

eNEWS

April 2022

ALAMOC
Asociación Latinoamericana de Analistas Modificadores del Comportamiento o Terapia Cognitiva Conductual

DOMINGO 3 DE ABRIL

JORNADA LATINOAMERICANA POR EL DIA MUNDIAL DE LA TERAPIA COGNITIVA CONDUCTUAL

ONLINE

HORARIOS

Argentina, Uruguay, Chile, Brasil	10:45 a 1:00 PM y 4:20 a 6:40 PM
Canadá, Paraguay, R.Dominicana, Venezuela	9:45 a 12:00 AM y 3:20 a 7:40 PM
Perú, Ecuador, Panamá, Colombia, Honduras	8:45 a 11:00 AM y 2:20 a 6:40 PM
Guatemala, El Salvador, Costa Rica, Cd.Mexico, Nicaragua	7:45 a 10:00 AM y 1:20 a 5:40 PM

EXPOSITORES

Keith Dobson (Canada)	Sergio Paz Wactson (Ecuador)
Héctor Fernández Álvarez (Argentina)	María Esther Legos (Uruguay)
Luis Pérez Flores (Peru)	Juan José Moles Álvarez (Venezuela)
Wilson Vieira Mello (Brasil)	Wilber Castellón (El Salvador)
Julio Obst Camerini (Argentina)	Roberto Malincki (Panamá)
José Britos Rivas (Paraguay)	Coordinación Gral: Martín Gomar (Argentina)

INSCRIPCIÓN LIBRE Y GRATUITA

CERTIFICADOS:
Se pueden solicitar los certificados de asistencia de la WCCBT y ALAMOC con la firma de los presidentes.

INFORMES:
alamoc-website.org/Formularios/MA/formularioOIAAA.html



ABCT
16th ANNUAL CONVENTION

November 17-20, 2022
New York City

Emergency and Disaster Preparedness and Response:
Using Cognitive and Behavioral Science to Make an Impact

EABCT 2022
EUROPEAN ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

Innovations in cognitive behavioural therapies

September 7-10, 2022
Universitat Pompeu Fabra
Campus Ciutadella,
Barcelona, Spain

www.eabct2022.org

International Association of Cognitive Behavioral Therapy.



The IACBT continues to move towards an affiliation with the Academy of CBT. This collaboration efforts of the two distinguished giant associations that have been supportive of each other over decades will hopefully end up with mutual benefits while preserving the unique character and function of each individual association. By aligning our visions and resources we believe that we will contribute to each other's strengths and supply better service to the global CBT Community. We have hosted joint meetings with the boards and agreed in general terms. Coming together is only a beginning but working together will hopefully lead to success in reducing human suffering by giving better service in clinical and non-clinical contexts. The merging of the two societies that share similar goals and values will be done through communication, cooperation and with elegant care. Very exciting move forward.

The latest edition of our Journal features several excellent articles in metacognitive therapy and an article about when cognitive modification in CBT is effective. It can be found here. <https://link.springer.com/journal/41811/volumes-and-issues/14-4>
Our ultimate mission is disseminating good and ethical practice of CBT at clinical and academical settings.

10th World Congress of Cognitive and Behavioral Therapies 2023
Sejong University Convention Center
Seoul, South Korea

June 1-4, 2023
See you at WCCBT2023 in Seoul, Korea!



Save the date and get ready to submit your research

www.wccbt2023



AACBT | AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

42nd National Conference "CBT for all"
13-15 October 2022
Melbourne, Victoria

Wait! This space for our exciting speaker announcements!

#AACBT22